

## REVIEWER'S REPORT

Manuscript No.:IJAR-54939

**Title:** Role of *Kosthashodhana* with *Shamana Chikitsa* in the management of *Eka-Kustha* (Psoriasis) - A Case Report

### Recommendation:

Accept as it is .....

**Accept after minor revision.....**

Accept after major revision .....

Do not accept (*Reasons below*) .....

| Rating         | Excel.    | Good | Fair | Poor |
|----------------|-----------|------|------|------|
| Originality    |           | Good |      |      |
| Techn. Quality |           | Good |      |      |
| Clarity        |           | Good |      |      |
| Significance   | Excellent |      |      |      |

Reviewer Name: Dr. Sumathi

### *Detailed Reviewer's Report*

1. Psoriasis is a chronic, autoimmune disease causing red, scaly patches on the skin, which can also affect nails and joints. Symptoms include itchy, dry and raised red or purple plaques with silvery scales, and the condition has stages of flare ups, improvement and remission.
2. There is no cure, but treatments like topicals, phototherapy, and systemic medications can help manage symptoms.
3. Shamana Chikitsa is a primary ayurvedic therapeutic approach focused on palliative care and symptom relief by pacifying the body's imbalanced doshas without forcibly expelling them.
4. It is a gentler alternative to shodhana chikitsa used when a patient is too weak for intensive treatments.
5. The role of koshta shodhana is to purify the digestive tract by eliminating impurities and preparing it for other treatments.
6. This process is crucial before other panchakarma therapies like basti, snehapana, and nasya because it clears the way for the subsequent treatments to be absorbed effectively and work better.
7. Key words are good. But can be given more.

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## **REVIEWER'S REPORT**

- 8. Results part is awesome and can be added graphs for results.**
- 9. Discussion part is given with significant points.**
- 10. Summary points should be added.**
- 11. References should be in alphabetical order and can be given more.**
- 12. After a small corrections good to publish in your journal.**